

# **Basic List of Medical and First Aid Supplies**

## **Bandaging**

Ace bandages – assorted sizes  
2", 3" 4" gauze rolls  
sterile dressing assorted sizes  
1" tape - cloth, plastic or paper  
Band-aids – variety including:  
    Assorted sizes of strips  
    Butterfly bandages  
    Extra large  
    Fingertip/Knuckle  
Sanitary napkins, individually packed  
Super Glue for wound closure  
Triangular bandages

## **Colds**

Antihistamine/decongestants  
Cold medicine of choice  
Cough lozenges &/or syrup  
Vitamin C - & others as desired

## **Disinfectants**

Alcohol  
Alcohol preps individually wrapped  
Gel hand sanitizer – waterless  
Hydrogen peroxide  
Bar soap  
Triple antibiotic ointment (neosporin)  
Water purification tablets

## **Eye Care**

Lubricating eye drops  
Contac lens solutions  
Ophthalmic antibiotic ointment –RX only

## **Gastrointestinal Relief**

Antacids – liquid or tablets  
Anti-nausea- i.e. Dramamine  
Diarrhea medicine i.e. Immodium  
Glycerine suppositories  
Laxative  
Pepto Bismol &/or Alka-Seltzer

## **Insect bites and stings**

Baking soda  
Benadryl –for allergic reactions  
Calamine or Caladryl lotion

## **Ointments**

KY jelly – water-soluble  
Mentholatum  
Petroleum jelly  
Zinc oxide

## **Pain Relief**

Aspirin & non-aspirin pain reliever  
Earache/toothache drops  
Prescribed medicines  
Tylenol drops for babies if needed

## **Skin Rashes-Allergic reactions**

Antihistamine tablets & syrup  
Benadryl or Caladryl  
Hydrocortisone cream  
Prescribed medicines i.e. Epi pens

## **Miscellaneous**

Favorite home remedies  
First aid manual  
Lip balm  
Insect repellent  
Personal medications and equipment – i.e.  
    insulin, and syringes, heart meds etc.  
Sun screen and block

## **Tools and Equipment**

Container - tackle box, plastic box etc.  
Collapsible drink cup/paper cups  
(Consecrated oil - if LDS)  
Dental floss  
Gloves - Heavy-duty work & Latex  
Instant ice pack  
Matches – waterproof container  
Medicine dropper/dose cups  
Q-tips  
Penlight & batteries  
Pocket knife - sharp  
Pocket mask - other barrier device to use in CPR  
Scissors – bandage & heavy duty  
Sewing needles/thread, Safety pins  
Splinting materials  
Thermometer  
Tongue depressors – (many uses)  
Tweezers